

IDAHO FAMILY AND CONSUMER SCIENCES EDUCATION



**Idaho Division of
Professional-Technical
Education**

**FOOD PRODUCTION,
MANAGEMENT AND SERVICES**

Activity & Resource Guide

Grades 11 -12

ISEE Code 160523

June, 2012

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INTRODUCTION

The Food Production, Management and Services curriculum framework was developed by a team comprised of Idaho Professional-Technical Education staff, and University of Idaho and College of Southern Idaho personnel. The curriculum team developed the Food Production, Management and Services framework from the National Standards for Family and Consumer Sciences Education, the previous Idaho State recommended texts, other states' curricula, and a review of literature pertaining to curriculum content. A committee of selected Idaho teachers participated in the review process.

The competency-based curriculum framework format provides the means for monitoring student progress and generating student profiles. The student profile is a cumulative record of student progress and provides documentation of competence for articulation purposes.

The Food Production, Management and Services statewide curriculum framework is intended to be the fundamental guide to schools for program content. Schools offering Family and Consumer Sciences education should use an advisory committee to consider local and community needs.

ACKNOWLEDGEMENTS

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FOOD, PRODUCTION, MANAGEMENT & SERVICES

CONTENT STANDARDS OUTLINE

1.0 EXPLORE CAREER PATHS IN FOOD PRODUCTION, MANAGEMENT, AND SERVICES

Competencies:

- 1.01** Explore career paths in the Food Production, Management, and Services industry
- 1.02** Explore the impact of the Food Production, Management, and Services occupations on the economy
- 1.03** Create professional documents used in acquiring employment

2.0 DEMONSTRATE SAFETY AND SANITATION PROCEDURES IN FOOD PRODUCTION, MANAGEMENT, AND SERVICES

Competencies:

- 2.01** Demonstrate knowledge of pathogens found in food and their role in causing illness
- 2.02** Practice and apply food service safety regulations and sanitation procedures
- 2.03** Demonstrate personal safety and first aid procedures in a food production environment

3.0 DEMONSTRATE KITCHEN PROCEDURES FOR FOOD PRODUCTION

Competencies:

- 3.01** Explain the components and functions of standard recipes and formulas
- 3.02** Apply effective “mise en place” through practice
- 3.03** Employ a variety of basic cooking methods
- 3.04** Explore menu layout and design

4.0 RECOGNIZE FOOD PRODUCTION EQUIPMENT

Competencies:

- 4.01** Identify and explore food production equipment
- 4.02** Identify and explore selection, use, and care of commercial Cookware, bakeware, and utensils
- 4.03** Demonstrate selection, use, and care of knives

5.0 ASSESS APPROPRIATE COOKING TECHNIQUES FOR DESIRED RESULTS

Competencies:

- 5.01** Practice the established competencies for the listed cooking techniques

6.0 PREPARE A VARIETY OF FOOD PRODUCTS USING APPROPRIATE PROCEDURES

Competencies:

- [6.01](#) Prepare meat, seafood, and poultry
- [6.02](#) Prepare stocks, soups, and sauces
- [6.03](#) Prepare grains and starches
- [6.04](#) Prepare vegetable dishes
- [6.05](#) Prepare fruit dishes
- [6.06](#) Prepare salads
- [6.07](#) Prepare sandwiches
- [6.08](#) Prepare baked goods
- [6.09](#) Prepare dishes using dairy products
- [6.10](#) Prepare eggs and breakfast foods
- [6.11](#) Demonstrate plate presentation

7.0 DEVELOP QUALITY FOOD SERVICE AND MANAGEMENT PRACTICES

Competencies:

- [7.01](#) Explore basic concepts of controlling food cost
- [7.02](#) Explore the restaurant roles in both front- and back-of-house operations
- [7.03](#) Explore skills as a food server

1.0 Explore Career Paths in Food Production, Management, and Services

1.01 Competency:

Explore career paths in the Food Production, Management and Services Industry.

Lesson Plans

[Job or Career?](#)

[Where Do I Go From Here?](#)

[Next Steps](#)

[Presenting Yourself on Paper](#)

Activities

[Career Exploration](#)

[Education Research](#)

[Evaluate My Occupation Options](#)

[My Experiential Learning Plans & Reflections](#)

[Senior Year College Planning Checklist](#)

[Compare Schools](#)

[Evaluate My Education Options](#)

Online Videos

Career Ladders: Culinary Arts:

<http://www.ivytech.edu/northeast/ladders/culinary.html>

Careers in Tourism: Food & Beverage Server (YouTube):

<http://www.youtube.com/watch?v=fMAoxPEBFQI>

Line Cook (YouTube):

<http://www.youtube.com/watch?v=7GQ57EAUips&feature=relmfu>

Kitchen Helper (YouTube):

<http://www.youtube.com/watch?v=VcAfgik09tM&feature=relmfu>

Food and Beverage Manager (YouTube):

<http://www.youtube.com/watch?v=2tIA2tNbOj0&feature=relmfu>

Becoming a Top Chef: How to Become a Sous Chef (YouTube):

<http://www.youtube.com/watch?v=v5s0qfBgBbk>

Becoming a Top Chef: What is the Difference Between a Cook and a Chef? (YouTube):

<http://www.youtube.com/watch?v=cGDISObIckk&feature=relmfu>

Career Exploration in Culinary Arts (YouTube):

http://www.youtube.com/watch?v=g_iUUReK-4U

Websites

Careers in Food: <http://www.careersinfood.com/>

Food and Drink Jobs: <http://www.foodanddrinkjobs.com/>

Job Connections in the Food Industry:

<http://www.foodinonet.com/job.htm>

Culinary Arts Schools: <http://www.khake.com/page83.html>

FCCLA Connections

[NP: Career Connection](#)
[Job Interview](#)

[Career Investigation](#)

Guest Speakers

Restaurant Manager	Executive Chef
Sous Chef	Line Cook
Kitchen Helper	Culinary Arts Professor
Culinary Arts Postsecondary Student	

1.02 Competency:

Explore the impact of the Food Production, Management and Services occupations on the economy.

Lesson Plans

[Focus on Economic Data](#) (online lesson plan)

Activities

[“The Effects of Economics in Culinary Arts”](#) (online article)

[“Job Seekers Finding Increased Opportunities in Culinary Arts”](#)
(online article)

[Infograph Assignment](#)

[Current Event Article Review](#)

[Reading Tic-Tac-Toe](#)

Online Videos

Culinary Schools See Rise in Enrollment with Decline in Economy
<http://www.youtube.com/watch?v=6Rng5WaGa5U>

Culinary School is Recipe to Survive Economy:
<http://www.sctimes.com/VideoNetwork/51105741001/Culinary-School-is-Recipe-to-Survive-Economy>

Money Talks America – Economic Impact on Hospitality (YouTube):
<http://www.youtube.com/watch?v=VZitEtrm4P8>

Websites

<http://ezinearticles.com/?Culinary-Arts-Career&id=325407>

<http://www.culinaryschools.org/career-info/job-market/>

<http://www.culinaryschools.org/>

FCCLA Connections

[NP: Career Connection](#)
[Job Interview](#)

[Career Investigation](#)

Guest Speakers

Restaurant Manager	Executive Chef
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Sous Chef
Kitchen Helper
Culinary Arts Postsecondary Student

Line Cook
Culinary Arts Professor

1.03 Competency:

Create
professional
documents
used in
acquiring
employment

Lesson Plans

[Job Applications](#)
[Letter of Introduction](#)
[Cover Letters](#) and [Information Sheet](#)
[Resume Writing](#)
[Developing a Resume – Level 1](#) and [Information Sheet](#)
[Developing a Resume – Level 2](#) and [Information Sheet](#)

[Writing a Resume](#)
[Interviewing](#)

Activities

[Resume Template Assignment](#)
[Cover Letter Assignment](#)

Websites

Sample Resume - Chef Resume
<http://www.exforsys.com/career-center/sample-resumes/chef-resume.html>
http://www.starchefsjobfinder.com/career_center/resume.php
<http://www.resume-resource.com/exbc15.html>

FCCLA Connections

[NP: Career Connection](#)
[Job Interview](#)

[Career Investigation](#)

Guest Speakers

Career Counselor

Food Industry Employer

Other Materials and Resources

<http://www.hefg.org/resources-links-edu.php>

2.0 Demonstrate Safety and Sanitation Procedures in Food Production, Management, and Services

2.01 Competency:

Demonstrate knowledge of pathogens found in food and their role in causing illness.

Lesson Plans

[Preventing Cross Contamination](#) [The Food Safety Team](#)

Activities

[Be Aware When You Prepare](#) [Cook It Safely](#) (crossword)
[FBI Webquest](#) [Teach a Bug Activity](#) (student chart)
[Food Safety Mystery Message](#) [Matching Internal Temperatures](#)
[Avoiding Cross Contamination](#) [Preparing Specific Food](#)
[Viruses](#) [Reheating Food](#) (MadLib)
[Food Allergens](#) [Norovirus](#)
[Proper Use of Gloves](#) [Thawing Food Properly](#)
[Don't Cross Contaminate](#) (Crossword)
[Preventing the Spread: Handwashing](#)
[What to Watch for When Handling Food](#)
[What to Watch for When Handling Utensils and Equipment](#)
[What to Watch for When Cleaning and Sanitizing](#)
[What to Watch for When Storing Food](#)
[Teach a Bug Project Rubric](#) - [Project Example](#) (Windows Media Player)

Online Videos

How to Use a Food Storage System:

http://www.ehow.com/video_2332508_use-food-storage-system.html

Restaurant Sanitation and Personal Hygiene (YouTube):

<http://www.youtube.com/watch?v=Ghbx40MXkZA>

Safe Food Handling – It's Up to You (YouTube):

http://www.youtube.com/watch?v=ST2Ojb_a6LU&feature=related

Websites

[Center for Disease Control](#)

FCCLA Connections

[Advocacy](#)

[Applied Technology](#)

[Illustrated Talk](#)

[Culinary Arts](#)

Guest Speakers

County Extension Agent

Chef

Health Inspector

Other Materials & Resources

[Food Storage and Spoilage](#)

[Food Pathogens Investigation](#)

[ABC Online Video: To Wash or Not To Wash](#)

<http://www.hefg.org/resources-links-edu.php>

2.02 Competency:

Practice and
apply food
service safety
regulations
and sanitation
procedures.

Lesson Plans

[Handwashing 101](#)

[Calibrating Thermometers](#)

[Types of Thermometers](#)

[Introduction to Micro-Organisms and Foodborne Illnesses](#)

[The Importance of a Proper Work Station](#)

[Critical Temperatures](#)

[Hot Holding](#)

[Reheating and Thawing](#)

Activities

["Chicken Stir Fry" lab](#)

[Cleaning Your Establishment](#)

[Proper Garbage Disposal](#)

[Word Scramble](#)

[When Mistakes Happen](#)

[Preparing Food Safely](#)

[Preventing Cross Contamination During Storage](#)

[Preventing the Spread: Handwashing](#)

[Cleaning & Sanitizing](#)

[Dishwashing Machine Operations](#)

[Our Food is in Safe Hands](#)

[Test Your Cleaning IQ](#)

[HACCP Analysis and Recipe](#)

PowerPoint Presentations

[The Safe Food Handler](#)

[Food Handling Training](#)

Websites

Stella Culinary: <http://www.stellaculinary.com/>

FCCLA Connections

[Advocacy](#)

[Illustrated Talk](#)

[Applied Technology](#)

[Culinary Arts](#)

Guest Speakers

Health Inspector

Chef

County Extension Agent

Other Materials & Resources

[Food Pathogens Investigation](#)

[Lab Sanitation Information Sheet](#)

<http://www.hefg.org/resources-links-edu.php>

[Food Safety Shutdown](#)

2.03 Competency:

Demonstrate
personal
safety and first
aid procedures
in a food
production

Lesson Plans

[Basic Kitchen Safety and First Aid](#) (UEN online)

Activities

[Hepatitis A](#)

[Cleanliness and Proper Attire](#)

[Preventing the Spread: Employee Illness](#)

[Norovirus](#)

[Symptoms of Allergic Reactions](#)

environment. [Preventing the Spread: Handwashing](#)
[Teen Worker Safety in Restaurants](#)

PowerPoint Presentations

[Injury Prevention in Restaurants and Kitchens](#)
[Other Hazards](#)

Websites

Hazards in the Food & Beverage Industry:

http://www.michigan.gov/documents/cis_wsh_cet0108_1085047.htm

Food and Drug Administration:

<http://www.fda.gov/food/foodsafety/HazardAnalysisCriticalControlPointsHACCP/ucm114868.htm>

FCCLA Connections

[Advocacy](#)

[Illustrated Talk](#)

[Applied Technology](#)

[Culinary Arts](#)

Guest Speakers

Chef

County Extension Agent

Health Inspector

American Red Cross Instructor

3.0 Demonstrate Kitchen Procedures for Food Production

- 3.01 **Competency:** Explain the components and functions of standard recipes and formulas.
- Lesson Plans**
[Understanding Recipes](#) [Standardized Recipes](#)
[Following a Recipe](#)
- Activities**
[Following a Standardized Formula](#)
[Scientific Measurement Experiment](#)
- PowerPoint Presentations**
[Adjusting Recipes](#) [Standardized Recipes](#)
- Websites**
Conversion Calculator:
<http://www.exploratorium.edu/cooking/convert/conversion.html>
- FCCLA Connections**
[Culinary Arts](#) [Food Innovations](#)
- Guest Speakers**
Pastry Chef Chef
- 3.02 **Competency:** Apply effective “mise en place” through practice.
- PowerPoint Presentations** [Getting Ready for Service](#)
- Online Videos**
Top Chef - “Mise en Place” Relay Race (Hulu):
<http://www.hulu.com/watch/85125/top-chef-masters-mise-en-place-relay-race>
- Mise en Place (YouTube):
<http://www.youtube.com/watch?v=k411BjqGKU>
- Chef Kyle Demonstration (YouTube):
<http://www.youtube.com/watch?v=DIVPKDxLz8w>
- The Definition of Mise en Place (YouTube):
<http://www.youtube.com/watch?v=PYf0kYORpxk>
- Websites**
Stella Culinary: <http://www.stellaculinary.com/>
- The Importance of Preparation Amongst the 5 “P”s:
<http://www.cafemeetingplace.com/gmc/fifty-minute-classroom/item/231-50-minute-classroom-the-importance-of->

[preparation-among-the-5-%E2%80%9Cp%E2%80%9Ds.html](#)

FCCLA Connections

[Culinary Arts](#)

[Food Innovations](#)

Guest Speakers

Pastry Chef

Chef

3.03 Competency:

Employ a variety of basic cooking methods.

Lesson Plans

[Food Preparation Terms](#)

[Cooking Methods](#)

[Moist Cooking Methods](#)

Activities

[Cooking Terms Wordsearch](#)

[Vocabulary Memory Review](#)

PowerPoint Presentations

[Methods of Cooking](#) (online)

[Cooking Methods and Terminology](#)

Websites

FCCLA Connections

[Culinary Arts](#)

[Food Innovations](#)

Guest Speakers

Pastry Chef

Chef

3.04 Competency:

Explore menu layout and design.

Lesson Plans

[The Menu](#)

[Menu Planning](#)

[Physical Menu](#)

[PowerPoint](#)

Activities

[Nutritional Diversity](#)

FCCLA Connections

[Culinary Arts](#)

[Food Innovations](#)

Guest Speakers

Pastry Chef

Chef

Other Materials & Resources

[Designing an Effective Restaurant Menu](#) (online article)

[Adding Healthy Recipes to Your Menu](#)

[Menu Development](#)

4.0 Recognize Food Production Equipment

4.01 <u>Competency:</u> Identify and explore food production equipment.	Lesson Plans Kitchen Tools and Equipment	Equipment Types of Thermometers
	Activities Identifying Commercial Equipment Commercial Equipment	
	PowerPoint Presentations Commercial Equipment	Appliances
	Websites All About Food Thermometers (UI Extension): http://www.agls.uidaho.edu/thermometers/	
	FCCLA Connections	Culinary Arts
4.02 <u>Competency:</u> Identify and explore selection, use, and care of commercial cookware, bakeware and utensils.	Guest Speakers Sous Chef	Executive Chef Equipment Vendor
	Other Materials & Resources Kitchen Equipment Quiz	Teacher's Key
	Lesson Plans The Cook's Tools	Choosing the Right Equipment
	Activities Storing Utensils, Tableware & Equipment	
	FCCLA Connections Culinary Arts	Skill Demonstration Events
4.03 <u>Competency:</u> Demonstrate selection, use, and care of knives	Guest Speakers Sous Chef	Executive Chef Equipment Vendor
	Lesson Plans Knife Safety and Sharpening Basic Knife Skills and Cutting Techniques Basic Knife Handling Skills with a Chef's Knife	Knife Skills (CIA)
	Activities Knife Mastery (rubric)	Knife Skills Lab

PowerPoint Presentations[Knife Skills](#)**Online Videos**

Mastering Knife Skills – Dicing Techniques (YouTube):

<http://www.youtube.com/watch?v=veE0E79dEEc>

Knife Skills:

<http://www.monkeysee.com/play/634-kitchen-knife-skills-chop-an-onion>

FCCLA Connections[Culinary Arts](#)[Skill Demonstration Events](#)**Guest Speakers**

Sous Chef

Executive Chef

Equipment Vendor

Other Materials & Resources

[Teen Worker Safety in Restaurants](#)

5.0 Assess Appropriate Cooking Techniques for Desired Results

5.01 Competency:

Practice the established competencies for the following cooking techniques: bake, baste, blanch, boil, braise, broil, pan fry, poach, roast, sauté, simmer, steam, stew, stir fry.

Lesson Plans

[Sautéing 101](#)

[Pan Searing & Sautéing](#) (YouTube)

[Stir-Fry](#) (CIA)

[Grilling & Broiling](#) (CIA)

Activities

[Casserole Creation](#)

[Casserole Scorecard](#) (rubric)

[Cooking Terms Wordsearch](#)

[Recipe Terminology Scavenger Hunt](#)

[Demonstrate Cooking Techniques](#) (includes rubric)

[Vegetable Cooking Technique Scorecard](#)

PowerPoint Presentations

[Cooking Techniques](#)

Online Videos

Stella Culinary:

<http://www.stellaculinary.com/category/site-categories/podcasts/video/cooking-techniques>

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Executive Chef

Sous Chef

County Extension Agent

Other Materials & Resources

[The Culinary Institute of America: Training Manuals for sale](#)

6.0 Prepare a Variety of Food Products Using Appropriate

Procedures

6.01 Competency:

Prepare meat,
seafood, and
poultry.

Lesson Plans

[Butchering a Chicken](#)

[Ground Beef Comparison](#)

[Beef Cuts and Basic Cookery](#)

[Fish Basics](#)

Activities

[Name the Cuts](#) (assignment chart)

[Proper Internal Temperatures](#)

[Preparing Specific Foods](#)

[Storing Foods at Proper Temperatures](#)

[Meat Preparation Scorecard](#)

[Cooking Temperatures](#)

[Online Activity Suggestions](#)

Laboratory Experiences

[Chicken Stir Fry Lab](#)

[Broiled Lamb Chops with Caramelized Root Vegetables and White](#)

[Bean Rosemary Sauce](#)

[Main Dish Recipes](#) (CIA)

PowerPoint Presentations

[BEEF](#) (student notes)

[BEEF](#)

[Retail Beef Cuts](#)

Websites

The Science of Cooking – Meat:

<http://www.exploratorium.edu/cooking/meat/index.html>

Stella Culinary: <http://www.stellaculinary.com/>

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Sous Chef

Executive Chef

County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

[Retail Beef Cuts](#) (handout)

6.02 Competency:

Prepare
stocks, soups,
and sauces.

Lesson Plans

[Potato Leek Soup](#)

[Stocks The Foundation of the Kitchen](#)

[Types of Soups](#)

[Cooking 101, Sauces](#)

Activities

[Cooling and Reheating Foods](#)

[Online Activity Suggestions](#)

[Mother Sauces](#)

Laboratory Experiences

[Potato Leek Soup](#) [Chicken Stock](#)
[Soup Recipes](#) (CIA) [Side Dish Recipes](#) (CIA)
[Veloute-Style Sauce \(White Sauce\)](#)
[White Bean Rosemary Sauce](#)

Online Videos

How to Make a Veloute Sauce (VideoJug):
<http://www.videojug.com/film/how-to-make-veloute-sauce>

How to Make Crème Fraiche (VideoJug):
<http://www.videojug.com/film/how-to-make-creme-fraiche>

How to Make Bolognese Sauce (VideoJug):
<http://www.videojug.com/film/how-to-make-bolognese-sauce-4>

Websites

Stella Culinary: <http://www.stellaculinary.com/>

FCCLA Connections

[Culinary Arts](#) [Skill Demonstration Events](#)

Guest Speakers

Sous Chef Executive Chef
County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.03 Competency:

Prepare
grains and
starches.

Lesson Plans

[Introduction to Whole Grains](#) [International Rice Lab](#)
[Rice Lab Questions](#) [Chinese Fried Rice](#)
[Curried Basmati Rice](#) [Spanish Rice](#)
[Persian Rice](#) [Risotto](#) (Italian)

Activities

[Casserole Creation](#) [Casserole Scorecard](#) (rubric)
[Preparing Specific Foods](#) [Online Activity Suggestions](#)

Laboratory Experiences

[Vietnamese Summer Rolls](#) [Four-Grain Waffles](#)
[Side Dish Recipes](#) (CIA)

Websites

The Science of Cooking – Bread:

<http://www.exploratorium.edu/cooking/bread/index.html>

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Sous Chef

Executive Chef

County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.04 Competency:

Prepare vegetable dishes.

Activities

[Vegetable Scorecard](#)

[Online Activity Suggestions](#)

Laboratory Experiences

[Broccoli Rabe with Garlic and Crushed Red Pepper](#)

[Caramelized Root Vegetables](#)

[Curried Yukon Gold Potatoes](#)

[Side Dish Recipes](#) (CIA)

Websites

Stella Culinary: <http://www.stellaculinary.com/>

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Sous Chef

Executive Chef

County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.05 Competency:

Prepare fruit dishes.

Activities

[Online Activity Suggestions](#)

Laboratory Experiences

[Side Dish Recipes](#) (CIA)

[Fresh Fruit Galette](#) (CIA)

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Sous Chef

Executive Chef

County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.06 Competency:
Prepare
salads.

Lesson Plans

[The Vinaigrette](#)

[Composed Salads](#)

[Salads: the Cold Sides](#)

Activities

[Preparing Specific Foods](#)

[Online Activity Suggestions](#)

Laboratory Experiences

[Vinaigrette-Style Dressing](#)

[Anchovy-Caper Dressing](#)

[Salad Recipes](#) (CIA)

Websites

Stella Culinary: <http://www.stellaculinary.com/>

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Sous Chef

Executive Chef

County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.07 Competency:
Prepare
sandwiches.

Lesson Plans

[Stimulating the “App”etite](#)
[Which “Wich”?](#)

[Devilish Eggs](#)
[Sandwiches](#)

Activities

[Creative Canapés](#)

[Online Activity Suggestions](#)

Laboratory Experiences

[Monte Cristo Sandwich](#)

[Appetizer Recipes](#) (CIA)

[Moroccan Chicken Pita Sandwiches](#)

Online Videos

[Online Video: How to Make Canapés](#)

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Sous Chef

Executive Chef

County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.08 Competency:

Prepare
baked goods.

Lesson Plans

[Pie Pastry](#)

[Croissants](#)

[Pretzel Logic with Alton Brown](#)

[Introduction to Laminated Dough](#)

Activities

[Baking Ingredients](#)

[Design for Success Pie](#)

[Quick Bread Scorecard](#)

[Online Activity Suggestions](#)

[Following a Standardized Formula](#)

[Scientific Measurement Experiment](#)

Laboratory Experiences

[Side Dish Recipes](#) (CIA)

Online Videos

How to Make Traditional Baked Goods (YouTube):

<http://www.youtube.com/watch?v=cMT9IYZuuBA>

How to Knead Bread when Baking:

http://www.ehow.com/video_2344560_knead-bread-baking.html

Tips on Making Bread:

http://www.ehow.com/video_2344547_tips-making-bread.html

Tips on Rolling Dough for Bagels when Baking:

http://www.ehow.com/video_2344576_tips-rolling-dough-bagels-baking.html

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Bakery/Pastry Chef

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.09 Competency:

Prepare
dishes using
dairy
products.

Lesson Plans

[Making Pudding](#) [Egg Foams](#)
[Milk Definitions and Milk Comparisons](#)

Activities

[Online Activity Suggestions](#)
[Storing Foods at Proper Temperatures](#)

Laboratory Experiences

[Cheddar Corn Fritters](#) (CIA) [Strawberry Cream Tart](#) (CIA)
[Cheese-Filled Crepes with Blueberry Coulis](#) (CIA)

FCCLA Connections

[Culinary Arts](#) [Skill Demonstration Events](#)

Guest Speakers

Sous Chef Executive Chef
County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.10 Competency:

Prepare eggs
and breakfast
foods.

Lesson Plans

[Functions of Eggs in a Recipe](#) [French Rolled Omelet](#) (Day 1 of 2)
[French Rolled Omelet](#) (Day 2 of 2)

Activities

[Online Activity Suggestions](#)
[Storing Foods at Proper Temperatures](#)
[Breakfast Cook-Off](#)
[Rules](#) [Evaluation](#)
[Teacher Rubric](#) [Judges Form](#)

Laboratory Experiences

[French Rolled Omelet](#) (Day 1 of 2) [French Rolled Omelet](#) (Day 2 of 2)
[Breakfast Recipes](#) (CIA)
[Bacon and Gruyere Quiche](#) (CIA)
[Lemon Meringue Cupcakes](#) (CIA)

Online Videos

Egg Souffle Recipe from Chef Ludo (YouTube):
<http://www.youtube.com/watch?v=EtSpksmD6Ws>

Websites

The Science of Cooking – Eggs:

<http://www.exploratorium.edu/cooking/eggs/index.html>

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Sous Chef

Executive Chef

County Extension Agent

Other Materials & Resources

[Culinary Institute of America: Food ID Handouts](#)

6.11 Competency:
Demonstrate
plate
presentation.

Lesson Plans

[Eating with Our Eyes: Factors in Plate Presentation](#)

[Enhancing Food Presentation](#) (CIA)

Activities

[Breakfast Cook-Off](#)

[Rules](#)

[Teacher Rubric](#)

[Evaluation](#)

[Judges Form](#)

Websites

Stella Culinary: <http://www.stellaculinary.com/>

FCCLA Connections

[Culinary Arts](#)

[Skill Demonstration Events](#)

Guest Speakers

Executive Chef

Sous Chef

Other Materials & Resources

[Student Demonstration Rubric](#)

7.0 Develop Quality Food Service and Management Practices

7.01 <u>Competency:</u> Explore basic concepts of controlling food cost.	Lesson Plans	
	Kitchen Calculations (CIA)	
	Financial Control in Restaurants (.ppt)	
	Activities	Cooking for a Crowd
	PowerPoint Presentations	Food Costs
7.02 <u>Competency:</u> Explore the restaurant roles in both front- and back-of-house operations.	FCCLA Connections	
	Career Connections	
	NP: Financial Fitness Illustrated Talk	
	NP: Power of One – Working on Working	
	Guest Speakers	Chef Restaurant Manager
7.03 <u>Competency:</u> Explore skills as a food server.	Lesson Plans	
	Customer Service	
	Good Customer Service (UEN online)	
	Activities	Are You Ready to Order? Customer Service Training Book Symptoms of Allergic Reactions Restaurant Evaluation
	PowerPoint Presentations	Front- VS. Back-of-the-House
7.03 <u>Competency:</u> Explore skills as a food server.	FCCLA Connections	
	NP: Career Connection	
	Guest Speakers	Various restaurant employees
	Lesson Plans	
	Customer Service Table Setting and Service Etiquette	
7.03 <u>Competency:</u> Explore skills as a food server.	Activities	Symptoms of Allergic Reactions Communicating with Customers Customer Communication Techniques
	PowerPoint Presentations	Restaurant Service
	FCCLA Connections	
	Career Connection NP: Power of One – Work on Working	
	Guest Speakers	Restaurant Server